



FIG. 3

18 POUNDS IN FOUR WEEKS

I'VE ADDED TO
HELENE BARNETT'S
WEIGHT

says

Antoinette Donnelly

In four weeks' time my model, Miss Helene Barnett, increased her weight from 109 pounds to 127 pounds by following my instructions as to diet, exercise, and hours of sleep.

Miss Barnett, whose height is 5 feet 9 inches, and age 29, should weigh, according to standard weight, 135 pounds. In four weeks' time she has brought herself within eight pounds of standard weight. And unless something unforeseen happens it will not be long before she has reached the correct weight. First, because Miss Barnett wanted to take on flesh, and second, because she wanted it hard enough to be willing to work and make a few sacrifices, is the reason for her improved health and looks and her eighteen highly coveted pounds.

Not one-half so strenuous is the work of putting on flesh in comparison with that of reducing. But, paradoxically, it is almost twice as difficult of accomplishment. In both efforts, however, the same indomitable will power is necessary. You can't sit down and wish yourself fat any more than you can sit down and wish yourself thin.

First thing, though, before you start eating the foods that make for fat you must be sure that you are not a victim of some chronic or definite stomach or digestive trouble. Many people are thin because of some

such ailment, and a cure must be sought and effected before you can hope to put on weight. But bodies suffering from undernutrition and undeveloped bodies may be built up with the right kind of food and exercise that develops.

Through her religious adherence to the deep breathing exercises Miss Barnett has succeeded in developing her chest a couple of inches and her bust has increased from 31½ to 34 inches, due first to the deep breathing and consequent chest development and to the practice of the bust developing exercise which I illustrated in last Sunday's article, and to the twice daily massage of the breasts.

Her waist and the calves of her legs also show a striking gain in dimension, due to the eighteen extra pounds she has put on. Her neck is wonderfully improved, the hollows at the base being almost unbelievably filled in. Her face too, is rounded, and a good healthy glow of color plainly indicates what a building up of the whole system will do for the looks.

As I have said before the strenuous exercising necessary for reducing weight is not necessary in putting on weight, still a certain amount of exercise must be taken to stimulate to activity the vital organs—heart, lungs, stomach, liver, and skin.

The following exercise, which is illustrated in Fig. 1, on this page, is especially adapted to the development of the lower part of the body and strengthens the waist and abdominal muscles. It also tends to move the bowels. In the eating of fat producing foods, which your system has to grow accustomed to, the greatest precaution must be taken in regard to keeping free from constipation. Miss Barnett began this exercise with five times to the right and five to the left, gradually increasing it to thirty and more. Don't do it to a point of strain or tire.

Place the feet slightly apart and rest the hands on the hips. Then roll the body in a circle, as shown in Fig. 1, bending backward, forward, and sideways as far as possible. Practice this morning and evening, with as little clothing as possible so that the movements of the body are not restricted.

A working muscle receives more blood and consequently the surrounding parts are more plentifully supplied. And more blood, of course, means more nourishment and more nourishment brings better development.

Therefore, the need of exercise for the abdominal muscles. They must be strengthened in order to perform their functions. The following exercise is excellent for the abdominal muscles:

Stand with the feet slightly apart and stretch the arms out, as illustrated in Fig. 2-a. Then twist the body over to the right side, as in Fig. 2-b, so that the right arm swings backward and downward while the left arm goes to the front and upward. At the same time turn your head and neck so that your right eye looks upon a point on the ground behind and to the left of your left foot. Return to original position and swing over to the left side in the same manner. Practice this only three or four times in the beginning, gradually increasing to twenty or thirty times. A soreness of the muscles will probably result at first, but it will gradually disappear with a moderate continuance of the exercise.

Another exercise for stimulating the activity of the muscles of the arms and legs and the vital organs is the side body bending exercise. Stand with your knees stiffened and right arm raised high over head. Bend body at waist only and try to touch the tips of your fingers to the floor on the opposite side to the hand you use. Alternate with the other hand. Begin with five times each and gradually increase to fifty or seventy-five.

No change has been made in the diet from that of last week. Miss Barnett kept up the drinking of a pint of milk between breakfast and luncheon and again between luncheon and dinner and another pint before going to bed.

Next week I shall tell you, among other features of my experiment with Miss Barnett, about what baths thin folk should take and those they should not.



FIG. 2-B

FIG. 2-A



FIG. 1

ANTOINETTE DONNELLY'S ANSWERS TO BEAUTY SEEKERS.

GRACE: BRUSHING THE HAIR counteracts dryness. It also increases the growth of the hair. Brush it at least once a day and let it be a thorough brushing of the entire scalp. Nothing is better for the scalp than pure vaseline or olive oil. I shall be glad to send you my instructions for scalp massage if you will send me a stamped, addressed envelope.

FRANCES: SWEEPING AND TEN-

nis are excellent for developing the arms. Of course, protect your face from the sun in the summer if you do not want to get tanned and freckled, but the rest of the year the complexion needs all the sun it can get. I have a formula for freckles and sunburn which I shall be glad to send to you if you will send me a stamped, addressed envelope.

MARIE H.: NOT KNOWING YOUR

tastes, it would be hard to suggest a perfume. A faint odor of violets, heliotrope, clover, lily of the valley, or rose is delicious and refreshing.

BLONDIE: PUFFINESS UNDER the eyes is usually due to kidney trouble. Drinking water frequently remedies the condition. It is necessary also to build up your general health with plenty of fresh air and exercise. Walk as much as

you can, not less than three miles a day, and make it a point to get eight or more hours' sleep each night. If there is no decided improvement within a reasonable length of time it might be well for you to consult a physician about the condition.

MRS. W.: A CALORY IS A UNIT OF heat and energy measurement used to represent the actual value of food in the process of nutrition. For instance,

one thick slice of bread, or a large potato, or a glass of milk, or a square of butter, contains 100 calories. One glass of lemonade without sugar represents fifty calories. A normal, healthy person does not require more than 1,800 calories a day to keep in a good healthy condition.

JOHANNA W.: A GOOD TONIC WILL overcome the oily condition of your hair. It will not then be necessary to wash it

so often. I shall be glad to send you my tonic for oily hair if you will send me a stamped, addressed envelope.

BROWN EYED BESS: NO, I DON'T charge for my advice. I shall be glad to answer any queries through this column, or write you a personal letter if you will send me a stamped, addressed envelope. All letters which come to me are considered strictly confidential, so have no

hesitation in telling me your "beauty" troubles.

EDA: A MIXTURE OF OATMEAL and bran can be substituted for soap. It is soothing, an excellent cleanser and leaves the skin soft and smooth. Take equal parts of oatmeal and bran and sew it up in little cheesecloth bags about five or six inches square, using about four tablespoons of the mixture to each bag.